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Figure 1 is a line graph showing the percentage of total energy expenditure (TEE) for different activities over a 24-hour period. The Y-axis is 'Percentage of TEE' (0-100) and the X-axis is 'Time of Day' (0-24). The activities and their approximate peak values are: Sleeping (blue, ~40% at 00:00), Resting (green, ~30% at 06:00), Walking (red, ~10% at 18:00), Standing (yellow, ~10% at 12:00), Sitting (purple, ~10% at 18:00), and Eating (orange, ~10% at 12:00).